



Weston, MA • Saturday, July 22

9 AM to 6 PM

Presented by: *MassWildlife*

Foraging & Feasting on Wild Edibles with Russ Cohen

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Russ Cohen, expert forager and author of ***Wild Plants I Have Known and Eaten***, has led three-hour wild edibles programs as part of the Mass. BOW weekend ever since its inception. These brief programs have, of necessity, focused mainly on identifying wild edibles in the field, with little time spent on what to do with them once you've brought them back to your home or camp kitchen. In response to popular demand, Russ has agreed to offer a full-day program for Outdoorswomen that will consist of a "soup to nuts" (literally) experience of learning about and gathering wild edible raw materials in the morning and then whipping them up into a delicious dinner later in the afternoon. The morning will be spent on learning about the comestible qualities of over two dozen species of edible wild plants (and, pending favorable weather conditions, mushrooms), along with gathering species that are at the right stage for harvesting. The afternoon will be spent processing the wild raw materials and then incorporating them into a variety of dishes including an appetizer, soup, beverage, main course and at least one dessert. We will then sit down to enjoy the delicious results.



Print, Clip, Fill In and Return!

Cost: \$65 • Limited to 15 participants

Registration Coupon

☐ Count me in for **Wild Edibles**: July 22, 2006. Cost: \$65 • Limited to 15 participants

Name _____ Daytime telephone # _____

Address _____

Town _____ State _____ Zip _____

e-mail address _____

No refunds after July 16, 2006



Special Needs: If you have a disability, medical condition or special diet requirements, please indicate them with your registration. We will do our best to accomodate your needs. For more information, call Ellie Horwitz: (508) 792-7270.

Please make checks payable to: **Becoming an Outdoorswoman/ MSC**

Mail completed form and check to:

Becoming an Outdoorswoman, **MassWildlife**, DFW Field Headquarters, Westborough, MA 01581